

combining said *Plantago major* and said additive to formulate a composition which diminishes tobacco consumption while diminishing the odor characteristics of tobacco; and orally administering said composition to a human

19. (New) A method according to claim 18, wherein the oral administration is carried out through a spray.

20. (New) A method according to claim 18, further comprising formulating said composition into a liquid.

21. (New) A method according to claim 18, further comprising forming said composition into an orally dissolvable tablet.

22. (New) A method according to claim 18, where preparing a compound comprising *Plantago major* includes preparing said compound homeopathically.

23. (New) A method according to claim 18, where preparing a compound comprising *Plantago major* includes preparing said compound through alcohol extraction.

24. (New) A method according to claim 18, where preparing a compound comprising *Plantago major* includes preparing said compound through water extraction.